

**LAP POOL**

\* Water Joggers Mon-Fri 9:30-11:00am slide lane

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30am-7:55am 6 lanes lap	5:30am-1:00pm 6 lanes lap	5:30am-7:55 6 lanes lap	5:30am-1:00pm 6 lanes lap	5:30am-7:55 6 lanes lap	
	7:55am-9:00am 2 lanes lap 8-9am exercise		7:55am-9:00am 2 lanes lap 8-9 exercise		7:55am-9:00am 2 lanes lap 8-9 exercise	
	9:00am-1:00pm 6 lanes lap		9:00am-1:00pm 6 lanes lap		9:00am-1:00pm 6 lanes lap	9:00-1:30pm 4 lanes lap
<b>Rec Swim 1:00- 5:30pm</b>	<b>Closed 1-4:30pm</b>	<b>Closed 1-4:30pm</b>	<b>Closed 1-4:30pm</b>	<b>Closed 1-4:30pm</b>	<b>Closed 1-3:00pm</b>	<b>1:30pm-5:00pm Rec Swim 1 lap lane</b>
	4:30-5:00pm 5 lanes lap 1 lane lessons	4:30pm-5:00pm 1 lanes lap 1 lane lessons <i>3 Dolphins</i>	4:30pm-5:00pm 5 lanes lap 1 lane lessons	4:30pm-5:00pm 1 lanes lap 1 lane lessons <i>3 Dolphins</i>	<b>3:00-5:00pm Rec Swim 1 lap lane</b>	
	5:00pm-5:30pm 1 lane lap 1 lane lessons <i>4 Dolphins</i>	5:00pm-5:30pm 1 lanes lap 1 lane lessons <i>3 Dolphins</i>	5:00pm-5:30pm 1 lane lap 1 lane lessons <i>4 Dolphins</i>	5:00pm-5:30pm 1 lanes lap 1 lane lessons <i>3 Dolphins</i>	5:00pm-5:30pm 2 lane lap <i>4 Dolphins</i>	<b>Closed 5:00pm-7:00pm</b>
	5:30-6:00pm 1 lane lap 1 lessons <i>4 Dolphins</i>	5:30-6:00pm 1 lanes lap 1 lane lessons <i>3 Dolphins</i>	5:30-6:00pm 1 lane lap 1 lessons <i>4 Dolphins</i>	5:30-6:00pm 1 lanes lap 1 lane lessons <i>3 Dolphins</i>	5:30-6:00pm 2 lane lap <i>4 Dolphins</i>	
	6:00pm-6:30pm 1 lane lap <i>4 Dolphins</i>	6:00pm-6:30pm 1 lane lap 4 Water Ex 1 lane lessons	6:00pm-6:30pm 1 lessons 1 lane lap <i>4 Dolphins</i>	6:00pm-6:30pm 1 lane lap 4 Water Ex 1 lane lessons	6:00pm-6:30pm 2 lane lap <i>4 Dolphins</i>	
	6:30pm-7:00pm 1 lessons 1 lanes lap <i>2 Dolphins</i>	6:30pm-7:00pm 1 lane lap 4 Water Ex 1 lane lessons	6:30pm-7:00pm 1 lessons 1 lanes lap <i>2 Dolphins</i>	6:30pm-7:00pm 1 lane lap 4 Water Ex 1 lane lessons	6:30pm-7:00pm 2 lanes lap <i>2 Dolphins</i>	
	7:00pm-8:00pm 6 lanes	<b>Rec Swim 7pm-9pm</b>	7:00pm-8:00pm 6 lanes	<b>Rec Swim 7pm-9pm</b>	<b>Rec Swim 7pm-9pm</b>	<b>Rec Swim 7pm-9pm</b>

**SPA**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30am-1:00pm	6:00am-1:00pm	5:30am-1:00pm	6:00am-1:00pm	5:30am-1:00am	9:00am-5:00pm
<b>Rec Swim 1:00- 5:30pm</b>	<b>Closed 1-4:30pm</b>	<b>Closed 1-4:30pm</b>	<b>Closed 1-4:30pm</b>	<b>Closed 1-4:30pm</b>	<b>Closed 1-3:00pm</b>	<b>Closed 5:00pm-7:00pm</b>
	4:30pm-8:00pm	4:30pm-7:00pm	4:30pm-8:00pm	4:30pm-7:00pm	<b>3-5 Rec swim 5-7pm</b>	
		<b>Rec Swim 7pm-9pm</b>		<b>Rec Swim 7pm-9pm</b>	<b>Rec Swim 7pm-9pm</b>	<b>Rec Swim 7pm-9pm</b>

**WADE POOL** Monday-Friday 5:30am-1:00pm & 4:30-Close : Saturday 9:00am-5:00pm & 7:00pm-9:00pm : Sunday 1:00-5:30pm. The wade pool is for children 5 and under with an adult present at all times.

Winter 2016

We do the best we can to ensure all information is accurate according to each season. The schedule may be subject to last minute changes.

## Leisure Pool and River Availability \* River current is subject to change depending on swim lessons

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30am-8:00am 6-7am Ex Class	6:00am-8:00am	5:30am-8:00am 6-7am Ex Class	6:00am-8:00am	5:30am-8:00am 6-7am Ex Class	9:00am-11:00am 9-10am Ex class
	8:00am-10:00am Exercise Class	8:00am-10:00am Exercise Class	8:00am-10am Exercise Class	8:00am-10:00am Exercise Class	8:00am-10:00am Exercise Class	11:00am-1:00pm river is off
	10:00-1:00pm	11:15am-1:00pm swim lessons river is off	10:00-1:00pm	11:15am-1:00pm swim lessons river is off	10:00am-1:00pm	1:00pm-1:30pm
Rec Swim 1:00- 5:30pm	<b>Closed 1-4:30pm</b>	<b>Closed 1-4:30pm</b>	<b>Closed 1-4:30pm</b>	<b>Closed 1-4:30pm</b>	<b>Closed 1-3:00pm</b>	<b>1:30pm-5:00pm Rec Swim</b>
	4:30pm-6:00pm Swim lessons *	4:30pm-7:00pm swim lessons *	4:30pm-6:00pm Swim lessons *	4:30pm-7:00pm swim lessons *	3-5 Rec Swim 6-7 pm	<b>Closed 5:00pm- 7:00pm</b>
	6:00pm-7:00pm <b>Exercise class pool closed</b>		6:00pm-7:00pm <b>Exercise class pool closed</b>		6:00pm-9:00pm <b>NO class</b>	
	7:00pm-8:00pm	<b>Rec Swim 7pm-9pm</b>	7:00pm-8:00pm	<b>Rec Swim 7pm-9pm</b>	<b>Rec Swim 7pm-9pm</b>	<b>Rec Swim 7pm-9pm</b>

## Therapy Pool \* M-F 8-10am Therapy pool may be closed if over 15 in JE class

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30am-1:00pm	6:00am-1:00pm	5:30am-1:00pm	6:00am-1:00pm	5:30am-1:00pm	9:00am-1:30pm
	*8-10am, 11am- 12pm ex class	9-10am ex class	*8-10am, 11am- 12pm ex class	9-10am ex class	*8-10am, 11am- 12pm ex class	
Rec Swim 1:00- 5:30pm	<b>Closed 1-4:30pm</b>	<b>Closed 1-4:30pm</b>	<b>Closed 1-4:30pm</b>	<b>Closed 1-4:30pm</b>	<b>Closed 1-3:00pm</b>	<b>1:30pm-5:00pm Rec Swim</b>
	4:30pm-8:00pm	4:30pm-7:00pm	4:30pm-8:00pm	4:30pm-7:00pm	3 -7pm open	<b>Closed 5:00pm-7:00pm</b>
		<b>Rec Swim 7pm-9pm</b>		<b>Rec Swim 7pm-9pm</b>	<b>Rec Swim 7pm-9pm</b>	<b>Rec Swim 7pm-9pm</b>

**Recreational Swim:** Tuesday/Thursday/Friday 7:00-9:00pm; Friday 3:00-5:00pm;  
Saturday 1:30-500pm & 7:00- 9:00pm; Sunday 1:00-5:30pm

\*\* We do the best we can to ensure all information is accurate according to each season. The schedule may be subject to last minute changes\*\*

Children are allowed in pools during non recreation (rec) swim times and after 11am when accompanied by an adult in the water at all times. Slide & Fountain open during recreation swims only. Dallas Aquatic Center 503-623-9715

